

# Kentucky Diabetes Fact Sheet

2007

## DIABETES IS COMMON IN KENTUCKY

- In 2005, an estimated **8.9%** of the adult population in Kentucky has been diagnosed with diabetes. This means that an estimated 274,000 adults in Kentucky have diagnosed diabetes, based on the Census population estimate. It is estimated that 29% of diabetes cases are undiagnosed, which means that an additional 111,900 Kentucky adults may have undiagnosed diabetes. Based on these estimates, approximately 385,900 (about 12.5%, or 1 in 8) adult Kentuckians have diagnosed or undiagnosed diabetes.
- Kentucky ranks 7<sup>th</sup> in the nation for the highest percentage of the adult population diagnosed with diabetes. (2005)

### Kentucky Adults with Diagnosed Diabetes, by Gender and by Race, 2005

Gender	Percent
Males	9.0%
Females	8.9%

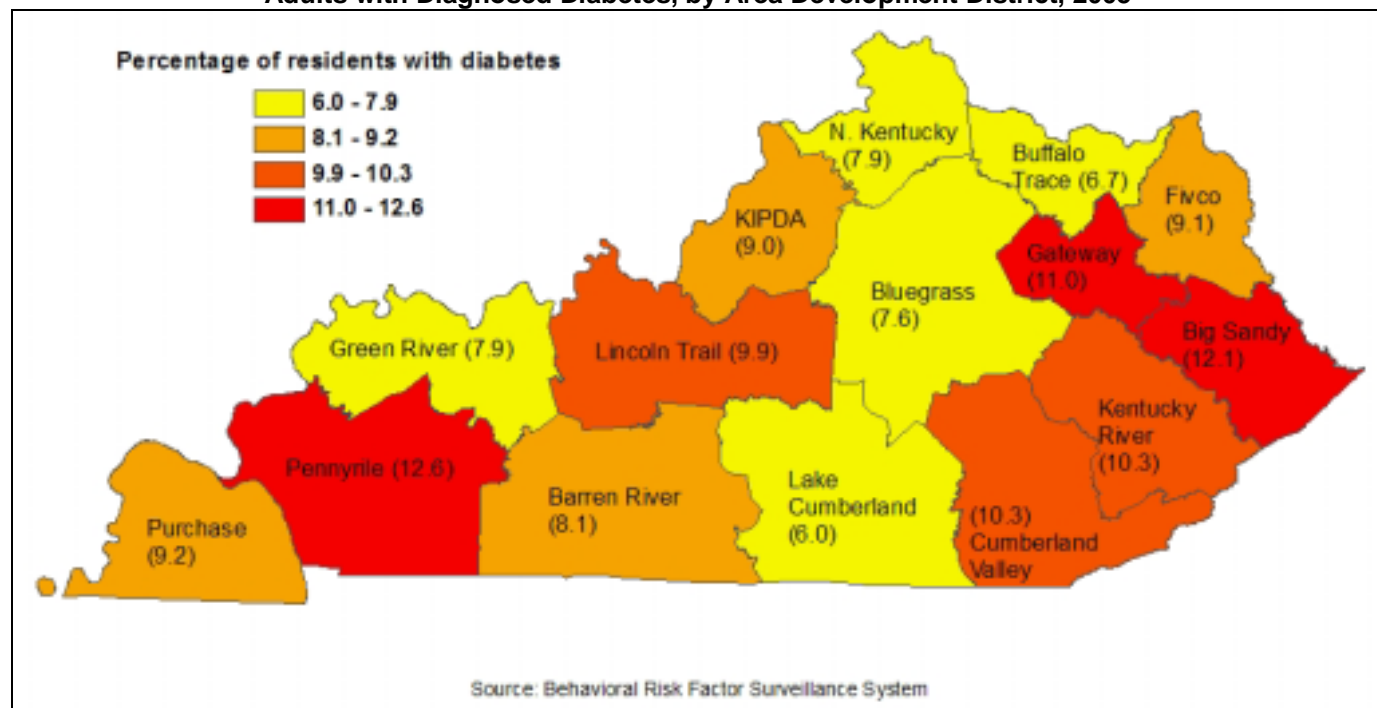
Race	Percent
Black	17.4%
White	8.5%

\*The number of respondents who indicated a race other than White or Black was too few to be analyzed separately. Hispanic ethnicity was not analyzed separately.

### Kentucky Adults with Diagnosed Diabetes, by Age, 2005

Age	18-44	45-54	55-64	65+
Percent	3.1%	10.8%	18.1%	16.3%

### Adults with Diagnosed Diabetes, by Area Development District, 2005



## AT RISK FOR DIABETES

- An estimated **611,000 (40.1%)** Kentuckians aged 40-74 have **pre-diabetes** (elevated blood sugar levels but not high enough to be classified as diabetes) and are at **very high risk** for developing the disease.
  - 32%** of adult Kentuckians report that they **did not participate in any physical activity** in the past month. Kentucky has the 4<sup>th</sup> highest percentage of any state for lack of physical activity. (2005)
  - 29%** of adult Kentuckians (**about 1 in every 4**) are **obese**, based on reported height and weight. Kentucky ranks 6<sup>th</sup> among the states for highest prevalence of obesity. (2005)

## DIABETES IS A SERIOUS DISEASE IN KENTUCKY

- Diabetes is the 6<sup>th</sup> leading cause of death in Kentucky and the 5<sup>th</sup> leading cause of death by disease (2003).
- There were 102,681 diabetes-related hospitalizations in Kentucky in 2004, accounting for 17.4% of the total hospitalizations. During 2004:
  - 2,726 hospitalizations due to diabetic ketoacidosis
  - 1,182 hospitalizations for lower extremity amputations due to diabetes
  - 3,224 hospitalizations due to cerebrovascular disease with diabetes
  - 11,116 hospitalizations due to ischemic heart disease with diabetes
  - 583 new cases of end-stage renal disease related to diabetes (2005)
- Among persons with diabetes:
  - 25% reported that diabetes affects their eyes or have retinopathy (2005)
  - 15% reported they had a foot sore that took more than four weeks to heal (2005)

## DIABETES IS A COSTLY DISEASE IN KENTUCKY

- The cost of diabetes in Kentucky is staggering. The direct cost (medical care) and indirect cost (loss of productivity and premature mortality) of diabetes in Kentucky totaled approximately **\$2.9 billion** in 2002.

## DIABETES IS A CONTROLLABLE DISEASE

- Much of the sickness and death associated with diabetes can be eliminated through treatment approaches including normalization of blood glucose levels, routine physician visits, self-management training, a yearly dilated eye exam, routine foot exams, and A1C checks.
- Reported preventive care practices among adults with diabetes in Kentucky and the nation are shown in the table below.

Reported Preventive Care Practices Among Adults with Diabetes, Kentucky and US

Preventive Care Practice	Kentucky					US
	2001	2002	2003	2004	2005	2005
Saw a health professional for diabetes $\geq 1$ time in the past year	95%	94%	94%	93%	90%	89%
Ever taken a course or class in how to manage diabetes	47%	46%	43%	49%	46%	53%
Checked blood glucose $\geq 1$ time per day	58%	64%	64%	67%	69%	63%
Received a dilated eye exam in the past year	71%	75%	66%	70%	71%	69%
Received a foot exam $\geq 1$ time in the past year	64%	62%	64%	62%	64%	69%
Received a flu vaccination in last year	52%	52%	57%	55%	44%	50%
Ever received a pneumonia vaccine	40%	39%	48%	49%	42%	49%
Had A1C checked $\geq 2$ times in the past year	55%	57%	61%	63%	61%	69%

Source: Behavioral Risk Factor Surveillance System

*Diabetes is a **common, serious, costly, and controllable** disease that affects thousands of individuals in Kentucky and poses a major public health problem.*

**Data Sources:** Behavioral Risk Factor Surveillance System, Centers for Disease Control and Prevention (CDC); undiagnosed diabetes estimation based on prevalence in the general population, CDC, *MMWR* 52(35):833-837; pre-diabetes estimate based on national estimate, CDC, National Diabetes Fact Sheet; mortality data from Surveillance and Health Data Branch, KY Department for Public Health; Hospitalization Claims Data, Health Policy Analysis Branch, KY Department for Public Health; ESRD data from The Renal Network, Inc.; diabetes cost from Agency for Healthcare Research and Quality; US preventive care practices from <http://www.cdc.gov/diabetes/statistics/index.htm#prevalence>.

